

Parks and Recreation Department 1100 Chatham Av Norwalk, IA 50211 515.981.9206

Norwalk Family Taekwondo

PRE-REGISTRATION REQUIRED

(Register online @ www.norwalk.iowa.gov, Parks and Recreation office, drop box or by mail)

Norwalk Family Taekwondo now has a new owner, Voorhees Taekwondo LLC. Maria Boden will be the new head instructor of the school. This school will offer programs for ages 5 through adults. The classes are separated by rank (beginner and advanced) and students meet twice a week.

We also offer Little Dragon program designed for children ages 5 to 7 (five-year olds must be entering kindergarten in Fall 2014). Little Dragons meet twice a week. This program is run concurrently with the beginning class.

All programs consist of hand and foot techniques forms, self-defense, and lessons and instruction on topics such as respect, self-discipline, and perseverance. Competition is also available for those students who are interested. Competition teaches sportsmanship, gives confidence, and allows the students to use the skills they have learned in class.

Families are strongly encouraged to join and train together! We find that the kids learn better when both of their parents/guardian are learning with them in class.

<u>Dates</u>

Registration Dates: Dec 29 to Jan 9 **Session Dates:** Jan 13, 15, 20,22,27,29

Feb 3, 5, 10, 12, 24, 26

Mar 3, 5, 10, 12

Session Days: Tuesdays and Thursdays

Session Times: 6:00 to 6:45 pm - Little Dragons & Beginner

6:45 to 8:00pm Advanced Students

Information

Cost: Little Dragons: \$46.00 resident/\$53.00 non resident

Family TKD - 1st Member: \$57.50 resident/\$66.25 non resident

Family TKD - 2nd/3rd Member: \$28.75 ea resident/\$33.25 ea non resident Maximum Family Fee: \$115.00/family resident \$132.25/family non resident

Location: Oviatt multi-purpose room

Min: 10 participants

Definition of a Family: A family is defined as all family members residing at the same street address. Children of divorced parents who have joint custody, step-children, and foster children would fall into this definition. Grandparents, aunt'/uncles, cousins, etc are not considered immediate family members unless they all appear on the same incom tax return.

Definition of a Non-Resident: Anyone living outside the Norwalk city limits.





Norwalk Parks and Recreation Registration Form

Individual Information:

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